



***“Get out of your head and step into your greatness. Compare yourself only to yourself.***

**Greetings Sports Fans!** Today is the first day of Spring Sports and hopefully this atmospheric river will pass soon enough and we can get some good weather for the first week. No fun being outside in this mess!! We had a thrilling end to the regular season for both the Women’s and Men’s Basketball Programs and they are both gearing up for the first round of the 6A OSAA State Playoffs. Our Wrestling Program wrapped up their season at the State Meet over the weekend as well. Thanks to all who came out to support our Basketball Seniors this past week and a huge thanks to all the Senior Parents who have supported our Basketball Programs over the past four years and in a middle of a pandemic! You all are appreciated.

**First Round of the 6A OSAA State Playoffs-** The Men’s Team will be traveling to West Linn on March 1<sup>st</sup> for their first-round playoff game. Tip off will be at 7pm. On the Women’s side, we will be hosting McMinnville on Wednesday for a 7pm Tip-Off. Come out and show your support for both programs and pack the gyms with Guardian fans!!

**6A OSAA State Playoffs at IBW-** PPS is still operating under the fifty percent capacity margin and for Ida B. Wells that is 1000 people. We have allotted 300 tickets for our guests from McMinnville. That means we can have 700 enthusiastic fans in our facility. Tickets will be sold at the door-**\$6 for adults and \$5 for students. NO ASB will be accepted.**

**State Wrestling Re-Cap-**From the Coaches-

The state meet concluded tonight and a big congratulations to our 5 athletes who wrestled hard and represented us well. Aweis, Oscar, Noah, George, and Austin all traveled out to Sandy High School for this year's event. We got 6 wins over the weekend which was a very good showing. Participating in the state meet is one of the hardest things to accomplish in any high school sport and to come away with some wins is a great way to end the season.

**IBW Booster Club-** The athletics department would like to send a huge thank you to our Booster Club for all the great work they do providing for our school and community. If you would like to volunteer or become a member, please visit their website

<https://www.ibwboosterclub.org/>

**Ida B. Wells Athletic Sponsorship-** If you are interested or know of anyone who is interested in becoming an Ida B. Wells Athletics Sponsor, please email me at [mnolan@pps.net](mailto:mnolan@pps.net) for more information. We like to promote all things local in our **community**. If you would like to donate

to help support Ida B. Wells Athletics, please visit the following site-  
<https://pps.schoolpay.com/pay/for/Athletic-Support/Sdbkbbq>

### **Monday Tid-Bits-**

“When the power of love overcomes the love of power the world will know peace.”

— **Jimi Hendrix**, *Musical Pioneer*

### **I. Essentials For Growth**

- Proper rest + More learning
- Making time to build self-awareness
- Consistent honesty + Building new habits
- Letting go of old stories + Saying no to old patterns
- Believing that you can change + Saying yes to supportive people
- Examining your emotional history + Finding a practice to heal past pain

*Source: Yung Pueblo, Clarity & Connection*

### **II. A Pledge To Live**

Two of the most important words our humanity can use right now are WE and US.

In moments of darkness, chaos, war, and unrest, the best leaders become the guiding light to truth-seeking courageous solutions.

As a global community of consciousness, *here is a pledge we can take and live:*

**I will fully commit to being a positive change agent and a positive difference maker in as many lives as possible.**

### **III. Legacy Beyond Self**

- Too many people spend their lives being dutiful descendants instead of good ancestors.
- The responsibility of each generation is not to please their predecessors. It's to improve things for their offspring.
- It's more important to make your children proud than your parents proud.

*Source: Adam Grant, Organizational Psychologist*

### **Question**

How can I promote more peace, courage, and empathy in my living?

#### IV. This Week, I Will

1. Focus on uniting.
2. Reframe my self-talk.
3. Listen to understand.
4. Connect with my intuition.
5. Practice kindness toward others.

#### The Last Words...

“And the leaders of the world today talk eloquently about peace. What is the problem? They are talking about peace as a distant goal, as an end we seek, but one day we must come to see that peace is not merely a distant goal we seek, but that it is a means by which we arrive at that goal. We must pursue peaceful ends through peaceful means. All of this is saying that, in the final analysis, means and ends must cohere because the end is preexistent in the means, and ultimately destructive means cannot bring about constructive ends.”

— **Dr. Martin Luther King, Jr.**, *A Christmas Sermon on Peace*

“It's necessary as you look at your goals and your dreams that there is a strategy and a game plan to change the story that you believe about yourself. And that's an ongoing process. I discovered and many people have that what we do, what we accomplish, and what we produce is a result of the story we believe about ourselves.”

— **Les Brown**, *Motivational Speaker*

“Most of the time, success in the world depends on collaborating with other people. And learning how to do that, learning how to listen, learning how to treat people with respect and with dignity, learning how to be humble...those are the human qualities we all need in our everyday life.”

— **Doris Kearns Goodwin**, *Renowned Presidential Historian*

“The plain fact is that the planet does not need more successful people. But it does desperately need more peacemakers, healers, restorers, storytellers, and lovers of every kind. It needs people who live well in their places. It needs people of moral courage willing to join the fight to make the world habitable and humane. And these qualities have little to do with success as we have defined it.”

— David W. Orr, *Ecological Literacy: Educating Our Children for a Sustainable World*

*The Ida B. Wells Athletic Department is committed to supporting our student-athletes to thrive in the classroom, promoting character, fostering healthy competition, and building bridges in our community.*

The Ida B. Wells Athletic Department would like to thank the following sponsors for all of their support-

